

ABSTRACT

A dietary planning method and apparatus. Macronutrients in the form of a carbohydrate, or a protein or a fat are individually identified as a colour on a mini-block, which can be a physical entity or a computer generated shape. Each mini-block also illustrates an item
5 of food which corresponds to the macronutrient. The mini-blocks can be assembled into a block or blocks to represent a meal. Each mini-block can also display a symbol to identify whether the food signified by the mini-block is favourable, not favourable or a fair choice.